

**Statistics Report 09504, Apples, raw, fuji, with skin**
**Report Date: July 01, 2017 12:03 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <a href="#">1</a> <a href="#">2</a>	g	84.16	4	0.473	83.55	85.66	1.0	78.248	90.071	2	Analytical or derived from analytical	--	08/2012
Energy	kcal	63	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Energy	kJ	265	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Protein <a href="#">1</a> <a href="#">2</a>	g	0.20	4	0.008	0.17	0.22	1.0	0.104	0.303	2	Analytical or derived from analytical	--	08/2012
Total lipid (fat) <a href="#">1</a> <a href="#">2</a>	g	0.18	4	0.049	0.07	0.27	1.0	-0.425	0.79	2	Analytical or derived from analytical	--	08/2012
Ash <a href="#">1</a> <a href="#">2</a>	g	0.24	4	0.052	0.15	0.34	1.0	-0.095	0.567	2	Analytical or derived from analytical	--	08/2012
Carbohydrate, by difference	g	15.22	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Fiber, total dietary <a href="#">1</a> <a href="#">2</a>	g	2.1	4	0.200	1.7	2.8	1.0	0.57	3.68	2	Analytical or derived from analytical	--	08/2012
Sugars, total <a href="#">1</a> <a href="#">2</a>	g	11.68	3	0.163	11.5	12.01	1.0	9.605	13.755	2	Analytical or derived from analytical	--	08/2012

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Sucrose <a href="#">1</a> <a href="#">2</a>	g	2.21	3	0.021	1.35	2.67	1.0	1.943	2.476	2	Analytical or derived from analytical	--	08/2012
Glucose (dextrose) <a href="#">1</a> <a href="#">2</a>	g	3.00	3	0.082	2.55	3.66	1.0	1.959	4.043	2	Analytical or derived from analytical	--	08/2012
Fructose <a href="#">1</a> <a href="#">2</a>	g	6.47	3	0.060	6.37	6.55	1.0	5.703	7.235	2	Analytical or derived from analytical	--	08/2012
Lactose <a href="#">1</a> <a href="#">2</a>	g	0.00	3	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Maltose <a href="#">1</a> <a href="#">2</a>	g	0.00	3	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Galactose <a href="#">1</a> <a href="#">2</a>	g	0.00	3	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Starch <a href="#">2</a>	g	0.05	2	--	0.05	0.05	--	--	--	1	Analytical or derived from analytical	--	08/2012
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a> <a href="#">2</a>	mg	7	4	0.318	6	8	1.0	4.23	8.935	2	Analytical or derived from analytical	--	08/2012
Iron, Fe <a href="#">2</a>	mg	0.10	2	--	0.1	0.11	1.0	--	--	1	Analytical or derived from analytical	--	08/2012
Magnesium, Mg <a href="#">1</a> <a href="#">2</a>	mg	5	4	0.048	5	5	1.0	4.501	5.654	2	Analytical or derived from analytical	--	08/2012

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Phosphorus, P <a href="#">1</a> <a href="#">2</a>	mg	13	4	0.476	11	13	1.0	6.584	18.516	2	Analytical or derived from analytical	--	08/2012
Potassium, K <a href="#">1</a> <a href="#">2</a>	mg	109	4	4.937	90	126	2.0	84.691	133.609	2	Analytical or derived from analytical	--	08/2012
Sodium, Na	mg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Zinc, Zn <a href="#">1</a> <a href="#">2</a>	mg	0.04	4	0.012	0.03	0.08	1.0	-0.101	0.188	2	Analytical or derived from analytical	--	08/2012
Copper, Cu <a href="#">2</a>	mg	0.025	2	--	0.02	0.03	1.0	--	--	1	Analytical or derived from analytical	--	08/2012
Manganese, Mn <a href="#">1</a> <a href="#">2</a>	mg	0.031	4	0.001	0.03	0.04	1.0	0.026	0.036	2	Analytical or derived from analytical	--	08/2012
Selenium, Se <a href="#">1</a> <a href="#">2</a>	µg	0.0	3	0.001	0	0	1.0	0.01	0.035	2	Analytical or derived from analytical	--	08/2012
<b>Vitamins</b>													
Thiamin <a href="#">1</a> <a href="#">2</a>	mg	0.013	4	0.001	0.01	0.02	2.0	0.006	0.019	2	Analytical or derived from analytical	--	08/2012
Riboflavin <a href="#">1</a> <a href="#">2</a>	mg	0.026	4	0.001	0.01	0.04	1.0	0.011	0.04	2	Analytical or derived from analytical	--	08/2012
Niacin <a href="#">2</a>	mg	0.070	2	--	0.07	0.07	--	--	--	1	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid <a href="#">1</a> <a href="#">2</a>	mg	0.051	4	0.002	0.03	0.08	1.0	0.026	0.076	2	Analytical or derived from analytical	--	08/2012
Vitamin B-6 <a href="#">1</a> <a href="#">2</a>	mg	0.045	4	0.005	0.04	0.06	1.0	-0.008	0.098	2	Analytical or derived from analytical	--	08/2012
Folate, total	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Folate, food	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Choline, total	mg	3.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Vitamin A, RAE <a href="#">1</a>	µg	2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Carotene, beta <a href="#">1</a>	µg	17	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Carotene, alpha <a href="#">1</a>	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Cryptoxanthin, beta <a href="#">1</a>	µg	11	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Vitamin A, IU <a href="#">1</a>	IU	38	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Lycopene <a href="#">1</a>	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin <a href="#">1</a>	µg	11	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Vitamin E (alpha-tocopherol)	mg	0.18	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Vitamin K (phylloquinone) <a href="#">1</a> <a href="#">2</a>	µg	1.0	4	0.071	0.9	1.1	2.0	0.696	1.304	2	Analytical or derived from analytical	--	08/2012
<b>Lipids</b>													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Flavonoids</b>													
Anthocyanidins													
Cyanidin <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a>	mg	0.79	--	0.16	0	1.83	--	--	--	--	--	--	--
Petunidin <a href="#">6</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Delphinidin <a href="#">5</a> <a href="#">6</a>	mg	0.0	--	0	0	0.02	--	--	--	--	--	--	--
Malvidin <a href="#">6</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Pelargonidin <a href="#">5</a> <a href="#">6</a>	mg	0.0	--	0	0	0.02	--	--	--	--	--	--	--
Peonidin <a href="#">6</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin <a href="#">4</a> <a href="#">6</a> <a href="#">7</a>	mg	0.8	--	0.03	0.1	1.3	--	--	--	--	--	--	--
(-)-Epigallocatechin <a href="#">6</a>	mg	1.1	--	0.49	0.22	2.51	--	--	--	--	--	--	--
(-)-Epicatechin <a href="#">4</a> <a href="#">6</a> <a href="#">7</a>	mg	5.5	--	0.56	1.01	13.23	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate <a href="#">6</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate <a href="#">6</a>	mg	1.9	--	1.45	0.08	6.26	--	--	--	--	--	--	--
(+)-Gallocatechin <a href="#">6</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin <a href="#">6</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin <a href="#">6</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin <a href="#">5</a> <a href="#">6</a>	mg	0.0	--	0	0	0.01	--	--	--	--	--	--	--
Luteolin <a href="#">5</a> <a href="#">6</a>	mg	0.0	--	0	0	0.02	--	--	--	--	--	--	--
Flavonols													
Myricetin <a href="#">5</a> <a href="#">6</a>	mg	0.0	--	0	0	0.03	--	--	--	--	--	--	--
Quercetin <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	mg	2.4	--	0.29	0	4.91	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers <a href="#">3</a>	mg	9.9	--	2.64	6.48	12.9	--	--	--	--	--	--	--
Proanthocyanidin trimers <a href="#">3</a>	mg	6.1	--	1.43	4.29	7.78	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers <a href="#">3</a>	mg	19.1	--	4.31	13.76	24.32	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers <a href="#">3</a>	mg	13.8	--	2.79	10.62	17.43	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) <a href="#">3</a>	mg	14.2	--	3.06	11.18	18.48	--	--	--	--	--	--	--

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5j, 2001 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5b, 2000 Beltsville MD

<sup>3</sup>Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Concentrations of proanthocyanidins in common foods and estimations of normal consumption, 2004 J. Nutr. 134 pp.613-617

<sup>4</sup>Arabbi, P. R., Genovese, M. I., and Lajolo, F. M. Flavonoids in vegetable foods commonly consumed in Brazil and estimated ingestion by the Brazilian population., 2004 J. Agric. Food Chem. 52 5 pp.1124-1131

<sup>5</sup>Franke, A.A., Custer, L.J., Arakaki, C., and Murphy, S.P. Vitamin C and flavonoid levels of fruits and vegetables consumed in Hawaii., 2004 J. Food Comp. Anal. 17 pp.1-35

<sup>6</sup>Harnly, J. M., Doherty, R., Beecher, G. R., Holden, J. M., Haytowitz, D. B., and Bhagwat, S., and Gebhardt S. Flavonoid content of U.S. fruits, vegetables, and nuts, 2006 J. Agric. Food Chem. 54 pp.9966-9977

<sup>7</sup>Vrhovsek, U., Rigo, A., Tonon, D., and Mattivi, F. **Quantitation of polyphenols in different apple varieties.**, 2004 J. Agric. Food Chem. 52 pp.6532-6538

<sup>8</sup>Wu, X., Beecher, G. R., Holden, J. M., Haytowitz, D. B., Gebhardt, S. E., and Prior, R. L. **Concentrations of anthocyanins in common foods in the United States and estimation of normal consumption.**, 2006 J. Agric. Food Chem. 54 pp.4069-4075